

UCLA**Health** presents:

35th Annual HILLS ARE ALIVE 10k/5k Run/Walk

AUGUST 13, 2016
Ernie Howlett Park
8:00 a.m.

City of Rolling Hills Estates
 4045 Palos Verdes Drive North
 Rolling Hills Estates, CA
 Phone: 310.377.1577
www.RollingHillsEstatesCA.gov

Sponsored by:

UCLA Health
 Waste Management
 FishBonz Grill
 Village Runner
 JumpStart Bodyfuel
 LampPost Pizza
 Sam's Club
 Medawar Fine Jewelers

Produced by:

MPH Productions

FEATURES:

- ⇒ Custom-designed Finishers Medals for ALL Finishers
- ⇒ Cross-Country Fun Run with soft-packed horse & bike scenic trails
- ⇒ Time clock for both races
- ⇒ FREE T-shirt
- ⇒ Sponsor refreshments and gift bags

AWARDS

Plaques will be awarded to the top Female and top Male Winners for both the 5k and 10k events

Packet Pick-up/Late Registration

Friday, August 12
 VILLAGE RUNNER
 1811-A Catalina Ave
 Redondo Beach, CA 90277
 (310) 375-2626
 10 a.m.—6 p.m.

How to Register

Drop-off or Mail to City of Rolling Hills Estates, 4045 Palos Verdes Drive North, Rolling Hills Estates, CA 90274 by *Thursday, August 11*

This event benefits the non-profit Pepper Tree Foundation. Donations toward the Foundation are used to protect, develop and maintain City trails, parks and open space.

*****NO STROLLERS OR DOGS ALLOWED ON THE RACE COURSE!*****

EVENT: *(Check one)* 10K EVENT 5K EVENT Select Adult T-shirt size: *S* *M* *L* *XL* *XXL*

PLEASE PRINT:

Name _____ Sex *(Check one):* Male Female Age: _____

Address _____ City _____ State _____ Zip Code _____

Home Phone _____ E-mail address _____

Emergency Contact & Phone _____

MAKE CHECKS PAYABLE TO: "RHE PEPPER TREE FOUNDATION"

**MAIL REGISTRATION FORM AND PAYMENT TO: CITY OF ROLLING HILLS ESTATES,
 ATTN: RECREATION, 4045 PALOS VERDES DRIVE NORTH, RHE CA 90274**

RELEASE OF LIABILITY - SIGNATURE REQUIRED FOR ALL PARTICIPANTS

I have elected to participate in the recreation activity stated above. In consideration for and as a condition of such participation, I agree to assume any and all risks arising out of or incident to such participation. I further agree to indemnify and hold harmless the City of Rolling Hills Estates, its instructors, agents, officers and employees from any and all claims, damages, losses, expenses or any person, arising out of or incident to my participation in this recreation activity on August 13, 2016.

I hereby represent that I understand and am familiar with the nature of the activities in which I will participate in this recreation program, that I am in good physical health, and that I do not have physical or emotional conditions, past or present, of which I am aware, which would in any way affect my ability to participate in this activity.

Signature of Participant (18 years or older)

Date

Signature of Parent/Guardian if under 18

Date

IF PARTICIPANT IS UNDER AGE 18: This is to certify that my son/daughter has my permission to compete in The Hills Are Alive 10K/5K Run-5K Walk on August 13, 2016, is in good physical condition, and that race officials have my permission to authorize emergency care.

ENTRY FORM

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FEE: \$30 in advance; \$40 race day *Group discounts call (310) 377-1577 ext. 109*